

Anthem Better PreparedSM

A free, voluntary program to help you and your dependents better manage chronic health conditions.

If you or one of your dependents has asthma, diabetes, coronary artery disease (CAD), chronic obstructive pulmonary disease (COPD), congestive heart failure (CHF), high blood pressure, high cholesterol or obesity, starting on the road to better health is just a phone call away!

When you enroll in the **Anthem Better Prepared Program** you will receive valuable tools and information to help you manage your condition.

- 24-hour toll-free access to registered nurses to answer your questions, provide support and education on how to better manage your condition.
- A health evaluation and consultation as needed, to assist in managing your condition.
- Helpful educational materials on prevention, self-management and lifestyle factors that can help improve your health – including condition-specific care diaries, self-monitoring charts, self-care tips and more.
- Access to bilingual nurses, the Language line and TTY/TDD relay services for the hearing impaired.

Learning all you can about your condition through a reliable source is an important first step toward living a better life. With help from the **Anthem Better Prepared Program**, you can learn to identify ways you can gain control over your health and live a fuller, more satisfying life. The program is strictly confidential and free to all eligible members and their dependents.

To reach the **Anthem Better Prepared Program**, call toll-free from anywhere in the U.S.

1-800-445-7922

